



Indiana
Department
of
Health

Division of
**Nutrition &
Physical Activity**

Indiana Healthy Schools Newsletter

January 2023 Edition

Grant Opportunities

SNAP-Ed Grant Program

The Indiana Department of Health Division of Nutrition and Physical Activity (IDOH DNPA) is offering funding to multiple organizations across Indiana that support the goal of the Supplemental Nutrition Assistance Program Education (SNAP-Ed) program. The goal of SNAP-Ed is to support SNAP-eligible populations in accessing nutritious food and engaging in physically active lifestyles consistent with current guidance. An [informational session](#) will be hosted **TODAY, January 19 at 1 p.m. EST**. This meeting will be recorded and posted on the [SNAC website](#). View the [Request for Proposal](#) for eligibility and submittal requirements, funding levels and more. ***NOTE:** Schools needs to be at least 50% free or reduced lunch to apply.

Applications are due by 5 p.m. EST, Friday, Feb. 10.

Email Julia Brunnemer at jbrunnemer@health.in.gov for additional information.

Project AWARE Goes to the Park Grant Program

With support from Indiana Department of Education, DNPA will offer this four-month opportunity to provide funding to local parks departments, not-for-profits, and community groups that work in parks or other outdoor spaces to receive staff training on mental health and/or create youth programming in outdoor spaces that positively impact mental health and physical activity. Applicants are eligible to apply for up to \$10,000 for each funding stream. Funds are estimated to become available on June 1, and all funds must be spent by Sept. 29.

Applications are due to Jenna Sperry at jsperry@health.in.gov by 5 p.m. EST, Friday, Feb. 10.

Indiana Department of Education Farm to School Subgrants

IDOE will be awarding farm to school subgrants with the purpose of increasing the use of local proteins in Indiana school and childcare center cafeterias. Applications will be made at the site level and funding will be available in predetermined amounts for specific equipment or original farm to school activity projects.

Applications are due to the U.S. Department of Agriculture by 5 p.m. EST, Friday, Feb. 17.



New Resources

Meeting the Moment: Learning From Leaders at the Forefront of Change

The Robert Wood Johnson Foundation's annual [report](#) on the state of childhood obesity focuses on the lived experiences of community leaders to emphasize improving health data, creating communities of opportunity, building equitable food systems, and advancing priority policies.

Robert Wood Johnson Foundation



Reframing Childhood Obesity: Cultural Insights on Nutrition, Weight, and Food Systems

The Vanderbilt Cultural Contexts of Health and Wellbeing Initiative's [report](#) shows how public health programs can use holistic approaches that work alongside cultural traditions and norms to improve nutritional outcomes.



VANDERBILT
Cultural Contexts of
Health & Wellbeing
INITIATIVE

Promising Strategies to Increase School Meal Participation

This [research brief and infographic](#) published by Healthy Eating Research highlights the strategies that have been found by recent research to be the most impactful in increasing student participation in school meals. Many of the strategies are low-cost and a low-burden to implement.

Wellness Policies

Did you know?

All schools that participate in the National School Lunch Program are required to have a district-level school wellness policy to guide school wellness activities and promote student health, wellbeing, and learning ability. **For many Indiana schools, an assessment of the district's wellness policy is required by the Indiana Department of Education to be completed by June 30.** DNPA is offering wellness policy reviews at no cost using the [WellSAT 3.0](#) scoring tool to assess your policy's content and strength while also highlighting areas for improvement.

Please email Jenna Sperry at jsperry@health.in.gov or Emma Smythe at esmythe@health.in.gov for more details.

WellSAT: 3.0

Wellness School Assessment Tool

Upcoming Webinars

[Engaging Decision-makers to Advance Healthy Eating, Physical Activity, & Health Equity Priorities](#) — Choices Project

- 1 p.m. EST, Jan. 26

[Promoting Equitable Birth Outcomes](#) — The Hunt Institute

- 2 p.m. EST, Feb. 7

[Guiding Positive Youth Behavior Series](#) — Indiana Afterschool Network

- Session 1: 11 a.m. EST, Feb. 8
- Session 2: 11 a.m. EST, Feb. 15
- Session 3: 11 a.m. EST, Feb 22



To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

Indiana Department of Health

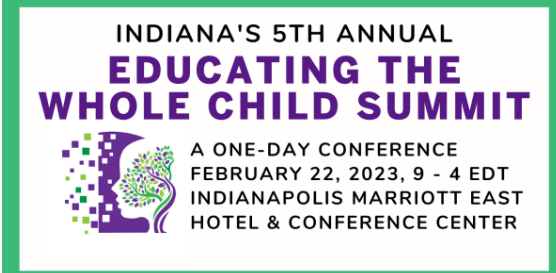
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Event Save the Dates

Educating the Whole Child Summit

The Summit is designed for educators, and we use that term inclusively for any adult who touches the lives of students within a school district, as well as mental health professionals, human service providers, and anyone who is interested in creating the conditions for learning in order to educate the whole child. [Click here](#) for registration, agenda, and summit details!



Indiana Summit for Out-of-School Learning

The 2023 Indiana Summit on Out-of-School Learning will showcase and celebrate perspectives from out-of-school time providers across the state. The Summit brings together youth programs, community partners, and afterschool advocates to connect, access practical resources, and advance learning beyond the school day for Indiana's youth. Join us to share your story and help elevate the quality and outcomes of out-of-school time in Indiana. [Click here](#) for registration and summit details!



Celebrate Trails Day on Earth Day

Hosted on the fourth Saturday of April, Celebrate Trails Day is an annual spring celebration of America's trails. Started by Rails-to-Trails Conservancy in 2013, the celebration encourages people across the country to get outside and enjoy the nation's exceptional trails and trail systems. [Click here](#) for more details!



Indiana School Health Network Conference

The Indiana School Health Network (ISHN) is inviting school health professionals and advocates to submit proposals to present a session at the 2023 Indiana School Health Network Conference on June 14-15, 2023. This year's theme is "School Health: Connecting the Pieces." [Click here](#) for conference details!



School Safety Mini Series

Athletic Safety

Participating in school sports has many benefits for youth and adolescents including an increased likelihood of meeting physical activity recommendations, developing interpersonal skills, and improved academics, to name a few. However, participating in sports also comes with the risk of injury. Just under one-third of childhood injuries are estimated to be sports-related. To minimize the risk for student athletes, schools should consider the following practices as recommended by the [National Athletic Trainer Organization](#):

- Require and either provide or assist in coordinating student physical examinations prior to participating in school sports.
- Inform parents and caregivers of their student's potential risks and benefits of participating in school sports.
- Ensure the availability of well-maintained safety equipment in a variety of sizes to ensure all students have well-fitting equipment.
- Ensure the safety of sporting facilities and develop injury prevention protocols, including protocols for environmental conditions.
- Create and practice emergency action plans for sporting events.
- Employ an athletic care professional and/or team and ensure a dedicated and well-equipped space for treating sports injuries.



Become a Top Healthy School

[The Alliance of a Healthier Generation](#) knows you've worked hard this school year to prioritize the health needs of your students, staff, and families, but did you know that could make you one of America's Healthiest Schools? Healthier Generation's prestigious, annual recognition program celebrates schools for implementing best practices to support the physical, mental, and social-emotional health needs of the learning community.

Any K-12 school in the United States is eligible to apply for national recognition as one of America's Healthiest Schools. To receive an award, all criteria in a single topic area must be "Fully in Place" during the 2022-23 school year. School teams may apply in one, more than one, or all nine topic areas.

Awardees must meet criteria in the [Thriving Schools Integrated Assessment](#), an evidence-informed tool that helps schools identify strengths and opportunities for improving policies and practices to advance health and learning with an integrated approach.

[Click here](#) for more information on how to apply! **Applications are due Tuesday, April 18!**



If you would like more information on school health or have content to share, please contact the Indiana Department of Health, Division of Nutrition and Physical Activity (IDOH, DNPA).

[Click here](#) to subscribe or unsubscribe to our newsletter.

Visit our [webpage](#) for other resources and archived newsletters.

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